



© Céline de Carou pour France Olive

Serves 4:

- 250g butternut squash
- 225g flour
- 60g parmesan
- 1 tsp nutmeg
- 3 tbsp **PDO huile d'olive d'Aix-en-Provence**
- 1 tbsp garlic powder
- 2 tsp curry powder
- 1 tsp Espelette pepper
- knob of butter
- Salt and pepper

For the sauce: 1 bunch of carrot tops, 2 cloves of garlic, 1 tbsp mustard, 1 tsp chilli paste, 12 sprigs parsley, 50g walnuts (optional), 100g parmesan, 25g **PDO huile d'olive d'Aix-en-Provence**, juice of 1 lemon, salt, pepper.



Preparation: 20 min

Cooking: 20 min

Resting time : 2h

Mix 2 tbsp olive oil, the nutmeg, 1 tsp curry powder and the garlic powder.

Wash and halve the butternut, remove the seeds (saving them for later) and carve. Brush the squash with the mixture, wrap in aluminium foil and bake for 30 minutes at 180°C.

Rinse and dry the seeds, mix 1 tbsp olive oil with 1 tsp Espelette pepper and 1 tsp curry powder and place on an ovenproof tray. Place in the oven for 10 to 15 minutes, until the seeds have browned.

Prepare the sauce. Wash the carrot tops, blend with the other ingredients until smooth, season and set aside.

When the butternut is cooked, blend it until smooth, then add the salt, parmesan and flour and mix to a thick dough.

Place on a floured work surface, shape the dough into balls and cut to make the gnocchi.

Bring the water to the boil in a large saucepan, then add some salt. Carefully dip the gnocchi into the water and cook for a few minutes over a medium heat, transferring them to a dish using a slotted spoon when risen to the surface. Heat a little olive oil in a frying pan, add a knob of butter and fry the gnocchi (do not stack them on top of each other). Mix the gnocchi with the green sauce and serve, sprinkling with the parmesan and pumpkin seeds.

What about the olive oil?

We advise you to use an intense-tasting PDO huile d'olive d'Aix-en-Provence for its aromas of fresh-cut grass and/or raw artichoke, sometimes rounded off with notes of walnut, fresh hazelnut and red berries.

You can also use one of these PDO olive oils: Vallée des Baux-de-Provence, Nîmes, Haute-Provence, Corse - Oliu di Corsica or Provence.

Financed by the European Union, FranceAgriMer and France Olive Production.



REG. (UE) 2021/2115 P.O.
OCM OLIO year 2023



FranceAgriMer

